



Princes Club supports Sport Relief

Friday 19th March & Saturday 20th March 2010

Princes Club is opening its doors to an exciting array of fun filled sporting activities in support of Sport Relief, come and join in and help raise money for charity.

Entrance is £21.00 per person

(50% of every ticket sale goes to Sport Relief)

You have the choice of participating over **one** of the two days;

Two hour Zumba-Thon

Zumba eliminates the 'work' from 'working out' by combining amazing irresistible Latin and international music with dynamic, yet simple exercise moves, using their unique intermittent training formula.

100 Metre Open Water Swim

We won't lie to you; the water will be verrrrry cold however you're competing for a charitable cause! As it's only a 100 metre swim rest assured you won't be in the water for very long.

One hour of time on the cable

Princes Club is renowned for its exciting array of watersports and what better way to experience this than by donning a wetsuit and trying it for yourselves! Can you last an hour on the water participating in extreme watersports? We have kneeboarding, wakeboarding and waterskiing available- suitable for complete beginners and for those who have attempted the cable once or twice before. How many laps can you do?

Schwinnig Cycle Ride (London-Brighton)

Get set to cycle all the way to Brighton in the comfort of our brand new aerobics studio. London-Brighton is 53 miles, what time can you do it in?!

500 metre fastest Sprint Rowing competition

You are up against the clock, how quickly can you row 500 metres? More importantly are you the fastest rower at Princes Club? You have to compete to find out!

School day races

Relive your school days and join in this good old fashioned fun event! Yes, we'll have the egg & spoon race along with the popular sack race, skipping race, three legged race, etc. You can form into teams or we can put you in teams on the day. Our school teachers will be refereeing the event!

Tug of War

A team test of strength- It's the survival of the fittest! Teams take to the centre stage and pull on their side of the rope- the objective being to pull the flag over your marked line. Simple really!

5 aside football

Form into teams and play in 10 minute knock-out tournaments. A referee will be judging the games all the way up to the finals.

Kids Hip Hop class

Children's Hip Hop dance class- lots of fun and ideal for complete beginners as well as the more experienced dancer. There will be a viewing at the end of the class so that parents can watch.

Fun competitions

A variety of mini fun competitions to participate in, and you never know you may be one of the lucky people who wins a prize! We have some fantastic prizes up for grabs, so enter as many competitions as you can!

How to book

Places are limited for each activity and are on a first come first served basis- you **must** book your place to participate in the event. Payment must be made at the time of booking. **Your booked place entitles you to 3 activities per person.**

Individuals/Teams

Once you have booked you will be sent a confirmation email for your chosen date listing times for the event and activity options. Some of the activities involve team participation. Why not form a company team or a group of friends?

You can book your place directly at Reception or alternatively you can contact Maria Giliberti;

Main line number: - 01784 256 153

Email: - m.giliberti@princesclub.com

Timetable

** Please note some of the below times may be subject to change slightly*

Friday 19th March 2010

- 10am: - 100 Metre Open Water swim**
- 11am: - 5 Aside Football tournaments**
- 12pm: - Consecutive one hour slots on the cable to begin**
- 12pm: - Rowing machine sprint**
- 1pm: - Schwinning Cycle Ride (London to Brighton)**
- 2pm: - School Day Races**
- 12-3pm: - Fun competitions in the Clubhouse**
- 4pm: - Tug of war**
- 5pm: - Zumba-Thon**

Saturday 20th March 2010

- 10am: - 100 Metre open water swim**
- 11am: - 5 Aside Football Tournaments**
- 11am: - Kids Hip Hop class and show**
- 12pm: - Consecutive one hour slots on the Cable to begin**
- 12pm: - Rowing machine sprint**
- 12.30pm: - Schwinning cycle ride (London-Brighton)**
- 12-3pm - Fun competitions in the clubhouse**
- 2pm: - School Day Races**
- 4pm: - Zumba-thon**
- 4pm: - Tug of war**